



OFFICE OF PUBLIC INSTRUCTION

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Linda McCulloch
Superintendent



THINK FOOD

School Nutrition Programs

December 2007

The Healthier Montana Menu Challenge

Does your foodservice do a great job serving healthy menus? The Healthier Montana Menu Challenge is a recognition program which is based on the HealthierUS School Challenge criteria but does not require the 70 percent participation level and is open to all schools (not just elementary schools). It also allows schools to apply for an award for the breakfast program, lunch program, a la carte program or all three. The menu criteria are based upon the 2005 Dietary Guidelines and are a useful tool for all schools interested in planning healthy menus. This is a great opportunity to make your school the healthiest place possible and to achieve recognition for your outstanding school foodservice program!

To learn more visit the Healthier Montana Menu Challenge Web page at <http://www.opi.mt.gov/schoolfood/healthiermt.html>.

For more information or for assistance in applying, contact the Montana Team Nutrition Program, Molly Stenberg, RD by telephone (406) 994-7217, or by e-mail stenberg@montana.edu.

LEFTOVER COMMODITIES

There are still a few commodities available for those schools that still have entitlement left. Enclosed with this letter is a list of what is available. All items are available on a first-come, first-served basis.



UPDATED SHIPPING SCHEDULE

An updated commodity shipping schedule is available on the OPI Food Distribution Web site at www.opi.mt.gov/schoolfood/foodDistNEW.html.

Due to maintenance work at the Tyson plant the USDA is behind in filling poultry orders. That has delayed our shipments of Chix, Brd 7 PC, Chix Diced and Chix, Fajita meat.



The Chix, Brd 7 PC and the Chix Diced have been moved from shipment 6 to shipments 8 and 10 respectively. All of the Chix, Fajita will be on shipment 10 instead of the two shipments that were originally scheduled.

We apologize for any inconvenience this may cause.

HEALTHY HOLIDAY TIPS

Here are a few tips to help you stay healthy this holiday season.



Exercise, even if it's less than usual. Just taking a walk can do a lot for your mental and physical health.

Place a priority on sleep. Everything is more manageable when you are rested. Adults require seven to nine hours of sleep per night in order to function optimally during the day.



Plan for "winding down" time of at least 30 minutes before you go to bed. You will fall asleep sooner, and sleep more soundly.

Though the holidays are a time for traditions, don't try to do it all. Simplifying your holiday will reduce your stress. Rely on family to help with preparations.

Remember, too much sugar will rob you of energy rather than give you more.



Be realistic about your health goals during the holidays. Accept weight maintenance versus weight loss.

When it comes to holiday parties, try these strategies:

- ✓ Snack before you go;
- ✓ Don't skip meals to compensate for a party;
- ✓ Eat slowly and savor the flavor;
- ✓ Socialize away from the buffet;
- ✓ Take moderate portions of specialty foods you really love;
- ✓ Take a dish to pass you know is healthy; and
- ✓ Try spritzers or low calorie mixers, and limit alcohol.

LEFTOVER COMMODITIES

November 9, 2007

Numbers represent the number of cases available

Apple Slices	8	Tomatoes, Diced	2
Apricots	116	Turkey Brst Deli	91
Bakery Mix	674	Veg Oil	143
Kidney Beans	32		
Pinto Beans	50		
Veggie Beans	211		
Ground Beef	44		
Beef Crumbles	85		
Carrots, Frz	296		
Cheese, Slc	932		
Ched Shred Y	728		
Mozz Lite Shred	191		
Cherries, Dried	862		
Chix Brd 7 Pc	84		
Corn	163		
Flour B	186		
Flour WW	5		
LFS Oil	172		
Peaches	15		
Peanut Butter	635		
Pork Patties	227		
Potato Wedges	258		
Potatoes, Oven	199		
Rotini	738		
Potato Rounds	192		
Salsa	407		
Shortening	679		
Spaghetti Sauce	194		
Strawberries, Slc	42		
Tomato Paste	21		
Tomato Sauce	584		



Prepared by the Office of Public Instruction
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